



*“It was the spectacular view  
that took my breath away –  
not my COPD.”*

*— Ned C., Kansas*

After Ned was diagnosed with chronic obstructive pulmonary disease (COPD), he and his wife thought they would never be able to take their dream vacation. Mucous in Ned's lungs made it hard for him to breathe zapping all of his energy. Everything changed when Ned enrolled in the Alere COPD Condition Care Program.

## BREATHE EASIER WITH THE ALERE COPD CONDITION CARE PROGRAM.

Work one-on-one with an experienced nurse by phone, online chat or secure email. Your nurse will provide you with the latest medical information, tips and online tools designed to help you:

- Follow your doctor's care plan
- Understand your medications
- Boost your energy
- Reduce anxiety and stress
- Avoid a serious lung infection
- Improve your diet
- Exercise and stay active

The Alere COPD Condition Care Program offers personalized support to slow the progression of your disease so that you can enjoy a better quality of life. Participation is free and completely confidential.

**Call (866) 674-9103 or enroll online at  
<https://delawell.alerehealth.com>.**

